

Newsletter

Issue 11 Term 3 Week 2

Diary Dates

TERM 3 Week 3

Tues 6/8
Governing Council
mtg 2pm Library

Fri 9/8 Girls Netball SAPASASA

Week 4
Science Week

Week 5

Mon 19/8-Fri 23/8 Book Week

Wed 21/8 Book Week Special Lunch

Fri 23/8 Dress up Parade

> Boys soccer SAPSASA

> > Week 5

Wed-Thur 28-29/8 Father's Day stall

Fri 30/8 School Closure

A Message from the Principal

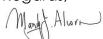
Dear Parents and Caregivers,

What a busy and productive start we have had to Term 3! This week it has been wonderful to see students and families enjoying visiting our Scholastic Book Fair. Many thanks to Lyn for organising this special annual event. A big thanks also to our fantastic staff for helping at the Book Fair both before and after school.

We are looking forward to two special weeks coming up on our Karrendi Primary School calendar. We will be celebrating Science Week in Week 4 and Book Week in Week 5. The theme for Book Week this year is, 'Reading is my Secret Power'. We are looking forward to our Book Week Parade on Friday, 23rd August. Additional information about these focus areas will be sent out next week.

Reading is my
SECRET POWER

Regards,



Mandy Alcorn - Principal

Mr Perri's Positivity Post

Our first Feel Good Friday was a huge success! It was great to see so many students join in. They had a blast with our SRC and other helpful students, who led capture the flag, and footy/soccer goal challenges. Well done to everyone involved!











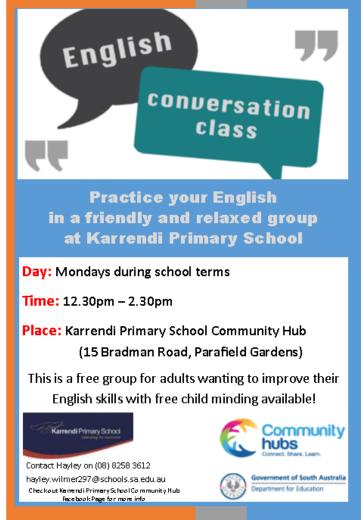












Calling All Green Thumbs

Our groundskeeper, Chris, is on the lookout for any spare plant pots and/or planting tubes.

If you have any spares of these items at home, please bring them over to the front office, and we can get planting!

Thank you! ©



A Mindful S.N.A.C.K.

The next time you're feeling stressed out, overwhelmed, or unsure, reach for a moment of calm awareness: a mindfulness SNACK. Here's how to do it:

Stop

Just stop whatever you're doing. (Stopping, by definition, requires us to begin again. We can always begin again.) Notice

What is happening within and around you? Accept

This is a tricky one. Whatever it is you're struggling with (time, kids, sleepiness, frustration) acknowledge it for what it is, without judgment.

Curious

Ground yourself with questions about your experience and environment: What am I feeling? What do I need right now? Kindness

Respond to yourself and others (mistakes and all) with kindness and observe how that helps things get back on track.

By Carla Naumburg, PhD (carlanaumburg.com)

THE DENTIST IS COMING TO VISIT!

